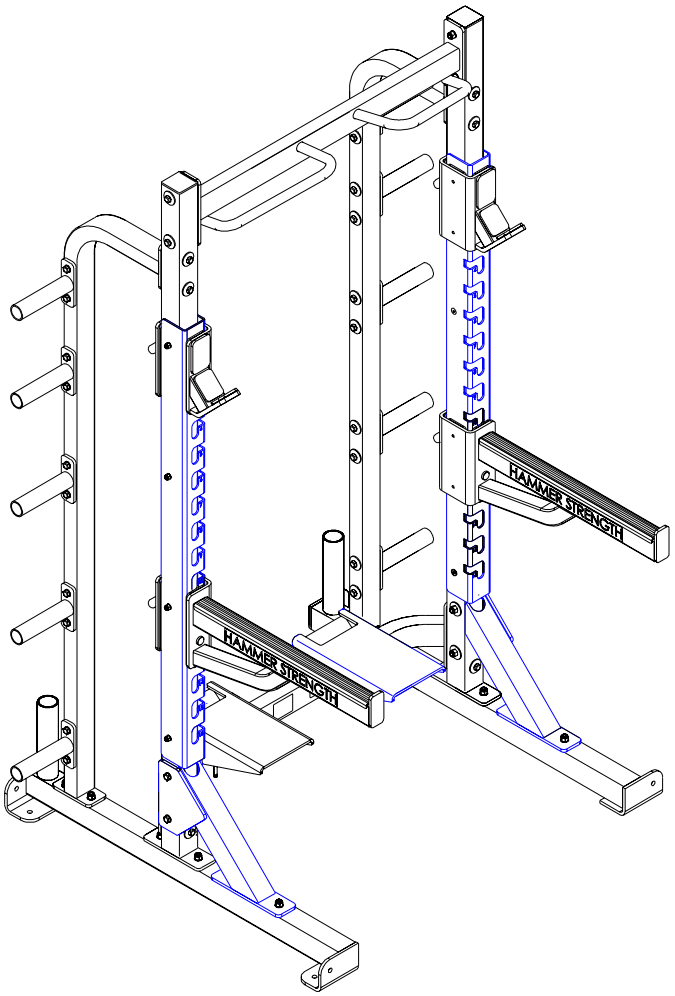
HAMMER STRENGTH®

OLYMPIC HEAVY DUTY HALF RACK (OHDHR)



ASSEMBLY INSTRUCTIONS

PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	LEA7664801	LEFT UPRIGHT BASE	1
2	LEA7665001	RIGHT UPRIGHT BASE	1
3	LEA7665101	LEFT UPRIGHT SUPPORT	1
4	LEA7584901	REAR UPRIGHT	2
5	LEA7665501	RIGHT UPRIGHT SUPPORT	1
6	LEA7586601	WEIGHT HORN UPRIGHT	2
7	LEA7622401	LEFT BAR CATCH	1
8	LEA7663901	PULL-UP SUPPORT	1
9	LEA7584401	RIGHT ADJUSTMENT RACK	1
10	LEA7584501	LEFT ADJUSTMENT RACK	1
11	LEA7587501	WEIGHT HORN	10
12	LEA7587901	LEFT BAR SUPPORT	1
13	LEA7587801	RIGHT BAR SUPPORT	1
14	LEA7605901	RIGHT BAR CATCH	1

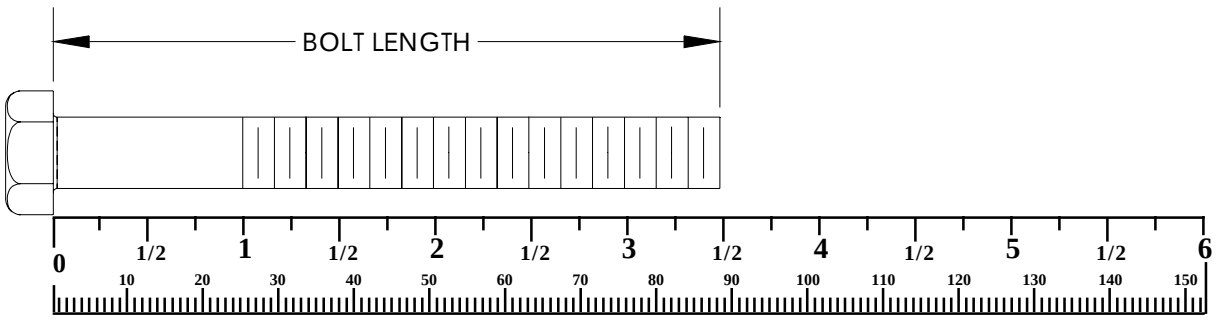
KEY	PART #	DESCRIPTION	QTY
15	LEA7596501	BOTTOM UPRIGHT SUPPORT	1
16	LEA3239306	1/2 X 1-1/2" BOLT	4
17	LEA3245201	3/8 X 3-3/4" FLAT HEAD BOLT	8
18	LEA3102502	1/2" FLAT WASHER	4
19	LEA3237505	1/2" INT TOOTH LOCK WASHER	52
20	LEA3239503	3/8" INT TOOTH LOCK WASHER	8
21	LEA7617301	1/2" PLASTIC DOME WASHER	48
22	LEA3102801	1/2" LOCK NUT	52
23	LEA3102802	3/8" LOCK NUT	8
24	LEA7601701	SWIVEL SPOTTER	2
25	LEA3239317	1/2 X 4-1/4" BOLT	48
26	LEA3105303	9/16" HOLE CAP	6

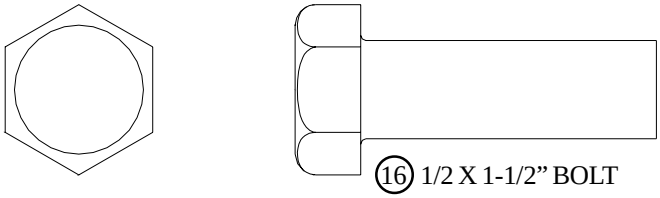
Tools Required for Assembly

* 3/4", 9/16" wrench
* Ratchet with 3/4", 9/16" socket
* 7/32" Allen Wrench

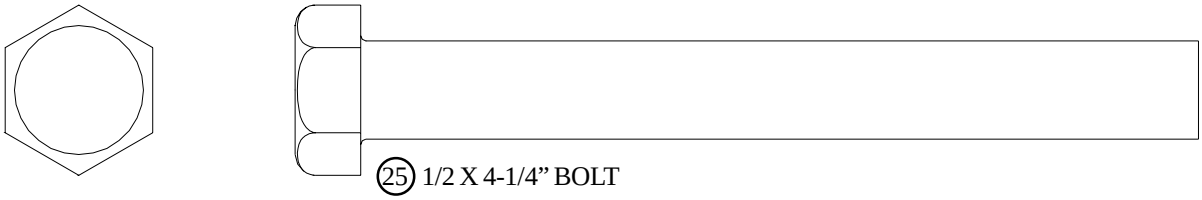
Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.

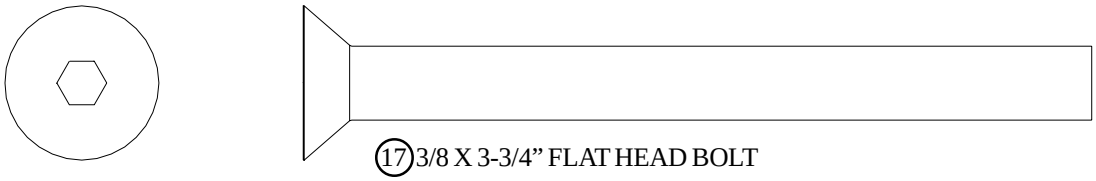




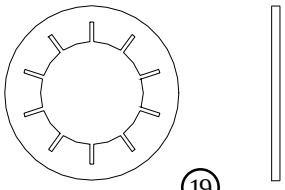
(16) 1/2 X 1-1/2" BOLT



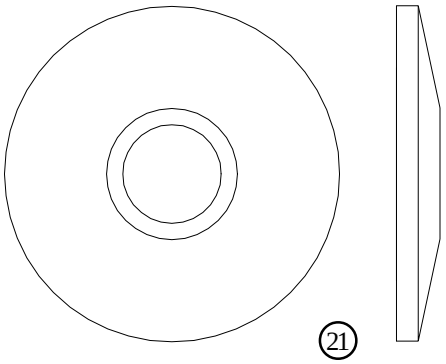
(25) 1/2 X 4-1/4" BOLT



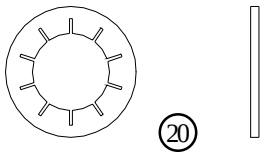
(17) 3/8 X 3-3/4" FLAT HEAD BOLT



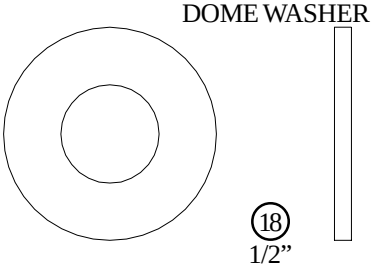
(19)
1/2" INT TOOTH
LOCK WASHER



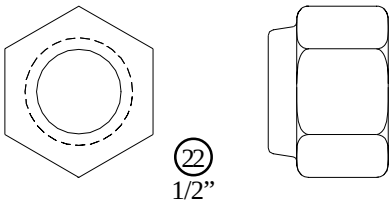
(21)
1/2" PLASTIC
DOME WASHER



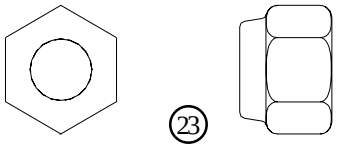
(20)
3/8" INT TOOTH
LOCK WASHER



(18)
1/2"
FLAT WASHER

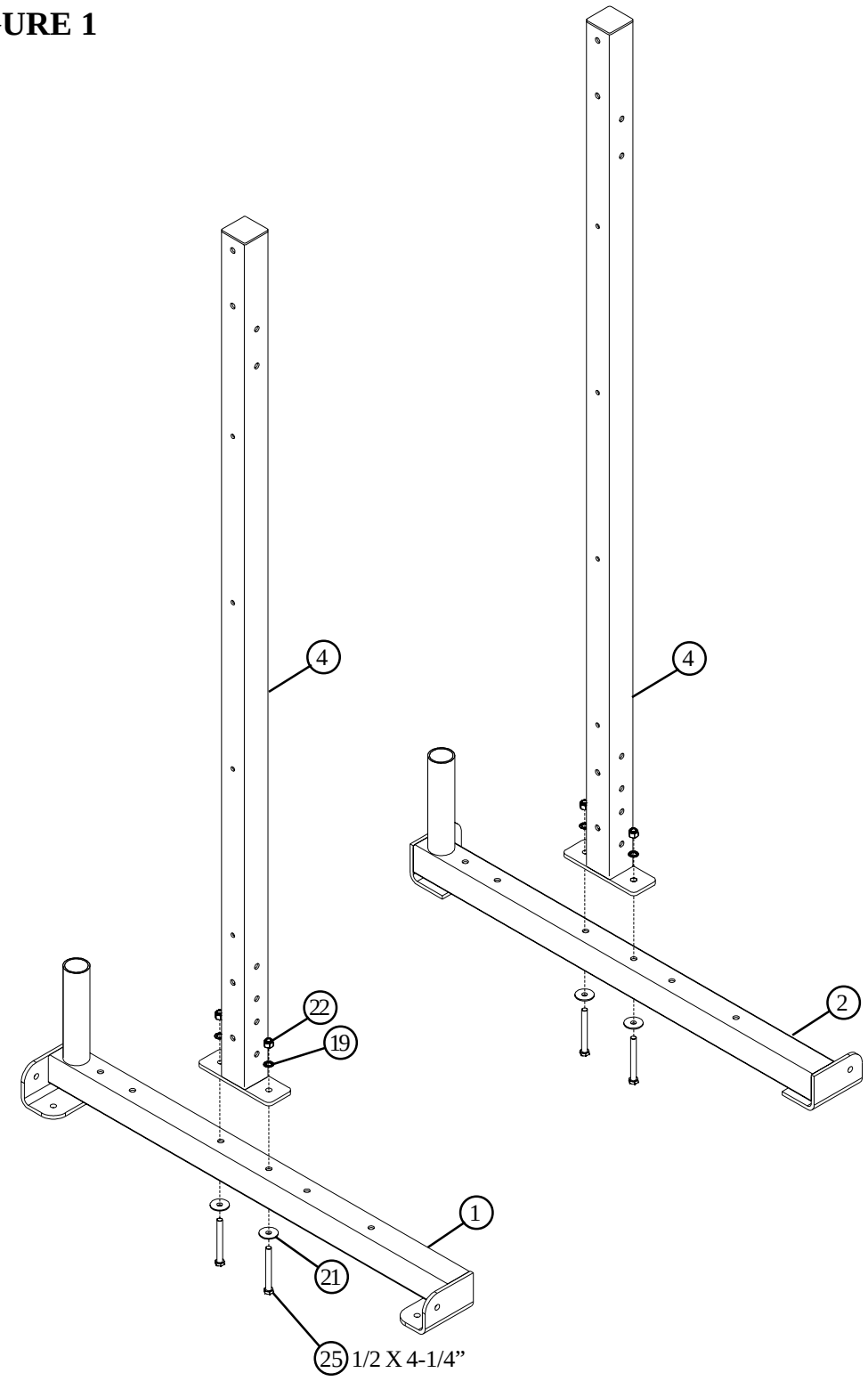


(22)
1/2"
LOCK NUT



(23)
3/8"
LOCK NUT

FIGURE 1



STEP 1:

- **LOOSELY** assemble the REAR UPRIGHT (4) to the LEFT UPRIGHT BASE (1) using two 1/2 X 4-1/4” BOLTS (25), two 1/2” PLASITC DOME WASHERS (21), two 1/2” INT TOOTH LOCK WASHERS (19) and two 1/2” LOCK NUTS (22) as shown in FIGURE 1.

- **LOOSELY** assemble the REAR UPRIGHT (4) to the RIGHT UPRIGHT BASE (2) using two 1/2 X 4-1/4” BOLTS (25), two 1/2” PLASITC DOME WASHERS (21), two 1/2” INT TOOTH LOCK WASHERS (19) and two 1/2” LOCK NUTS (22) as shown in FIGURE 1.

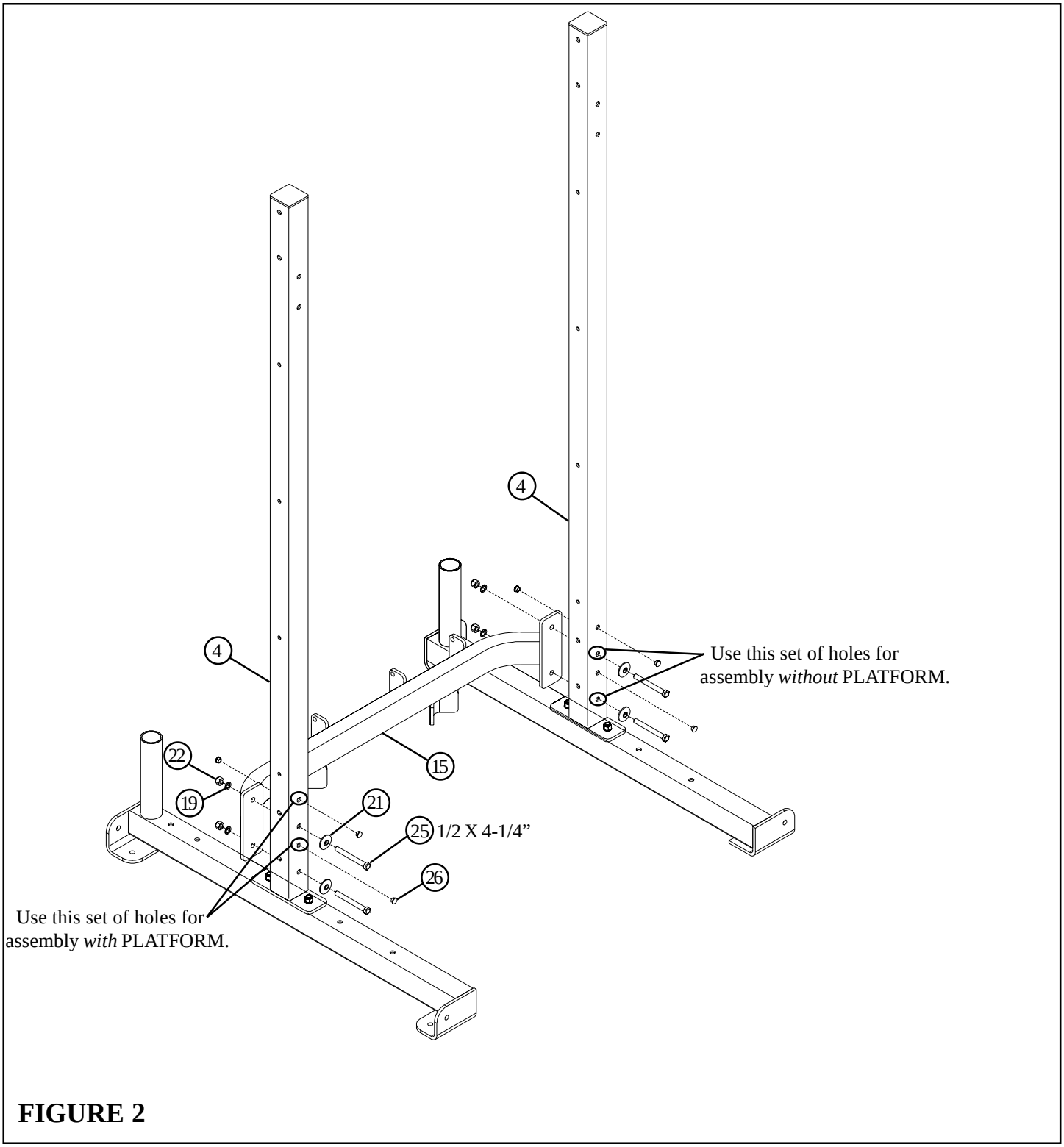
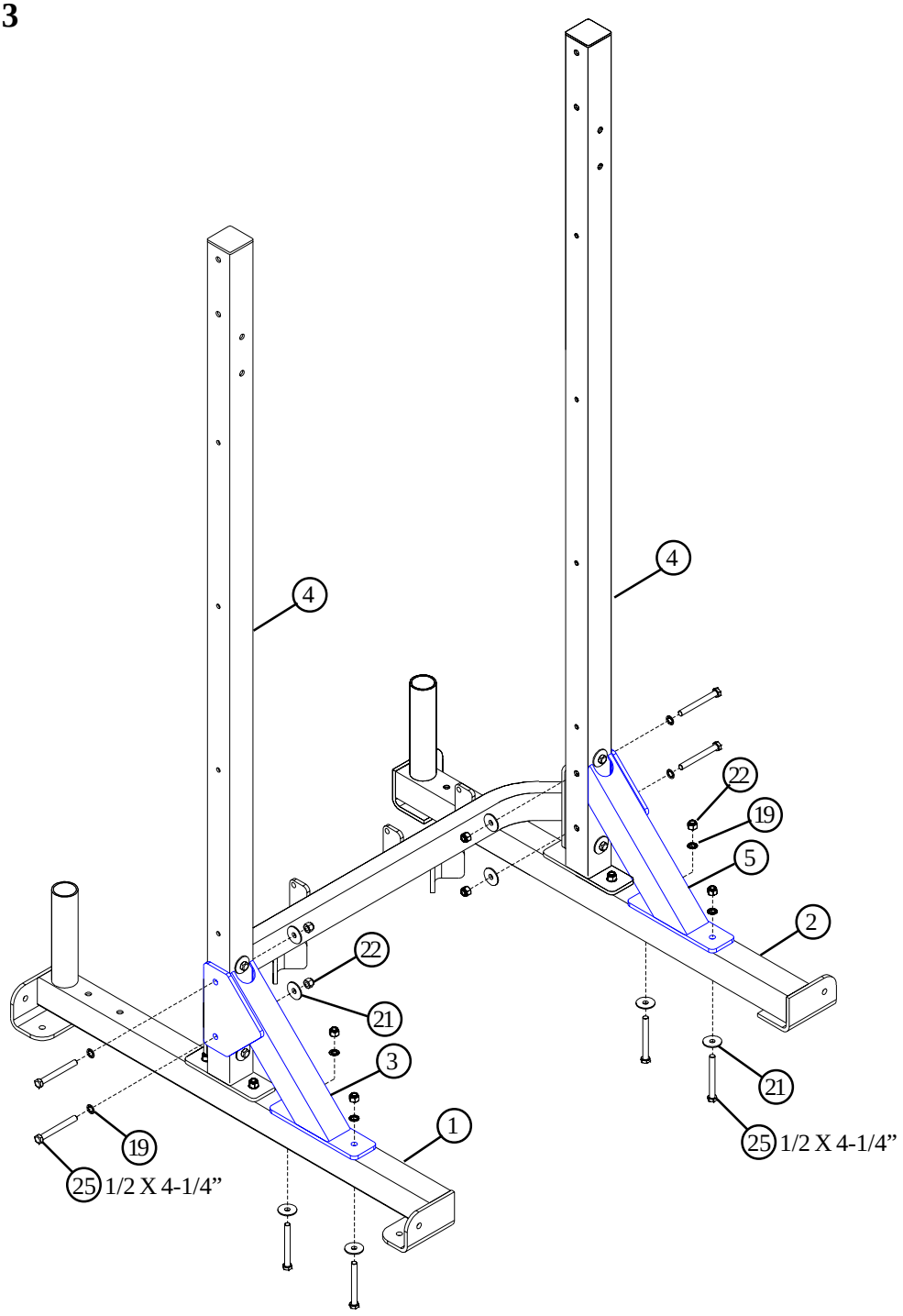


FIGURE 2

STEP 2:

- **LOOSELY** assemble the BOTTOM UPRIGHT SUPPORT (15) to the REAR UPRIGHTS (4) using four 1/2 X 4-1/4” BOLTS (25), four 1/2” PLASITC DOME WASHERS (21), four 1/2” INT TOOTH LOCK WASHERS (19) and four1/2” LOCK NUTS (22) as shown in FIGURE 2.
- Insert six 9/16” HOLE CAPS (26) into the holes of the REAR UPRIGHTS (4) as shown in FIGURE 2.

FIGURE 3

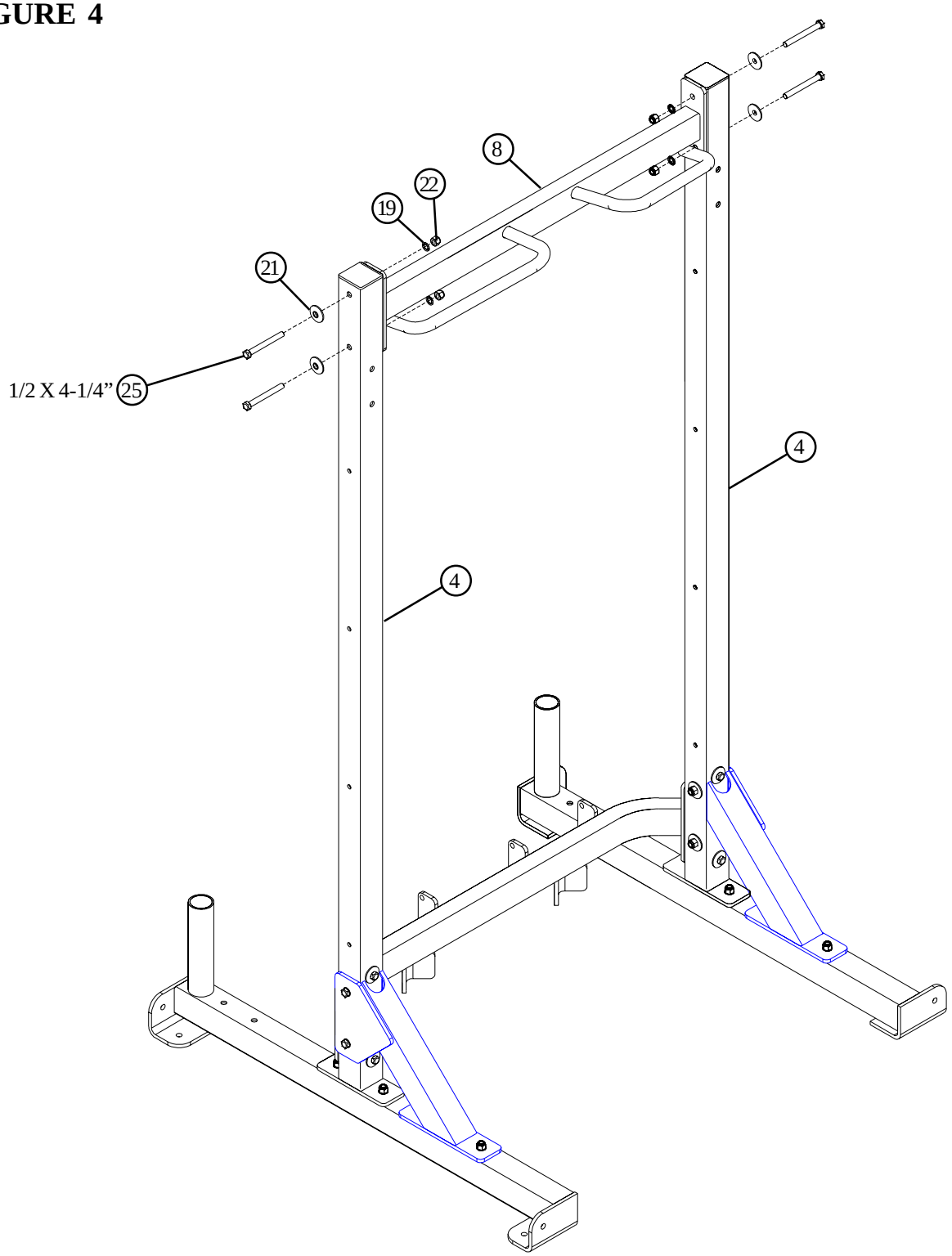


STEP 3:

- **LOOSELY** assemble the LEFT UPRIGHT SUPPORT (3) to the LEFT UPRIGHT BASE (1) and REAR UPRIGHT (4) using four 1/2 X 4-1/4" BOLTS (25), four 1/2" PLASITC DOME WASHERS (21), four 1/2" INT TOOTH LOCK WASHERS (19) and four 1/2" LOCK NUTS (22) as shown in FIGURE 3.

- **LOOSELY** assemble the RIGHT UPRIGHT SUPPORT (5) to the RIGHT UPRIGHT BASE (2) and REAR UPRIGHT (4) using four 1/2 X 4-1/4" BOLTS (25), four 1/2" PLASITC DOME WASHERS (21), four 1/2" INT TOOTH LOCK WASHERS (19) and four 1/2" LOCK NUTS (22) as shown in FIGURE 3.

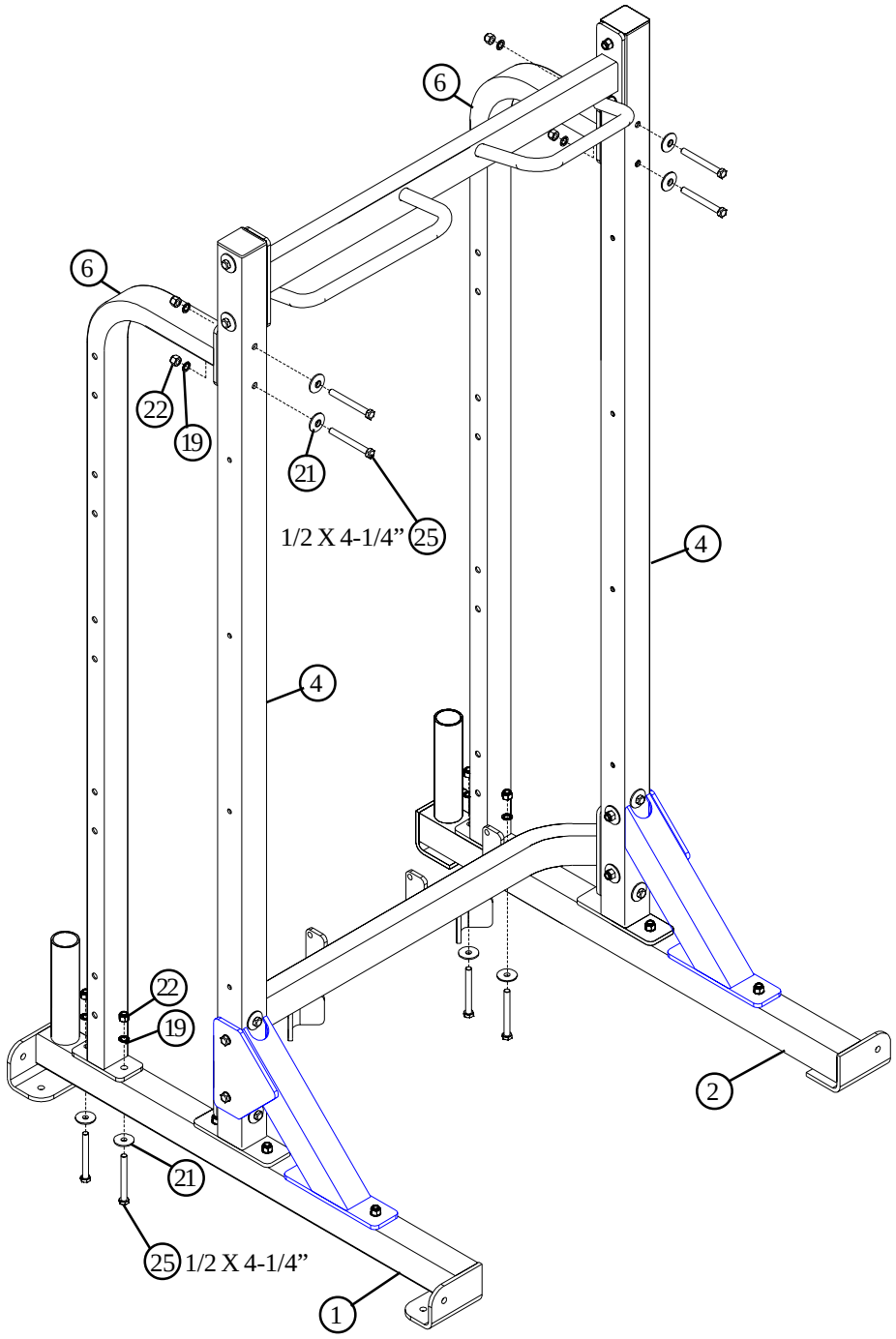
FIGURE 4



STEP 4:

- **LOOSELY** assemble the PULL-UP SUPPORT (8) to the REAR UPRIGHTS (4) using four 1/2 X 4-1/4" BOLTS (25), four 1/2" PLASTIC DOME WASHERS (21), four 1/2" INT TOOTH LOCK WASHERS (19) and four 1/2" LOCK NUTS (22) as shown in FIGURE 4.

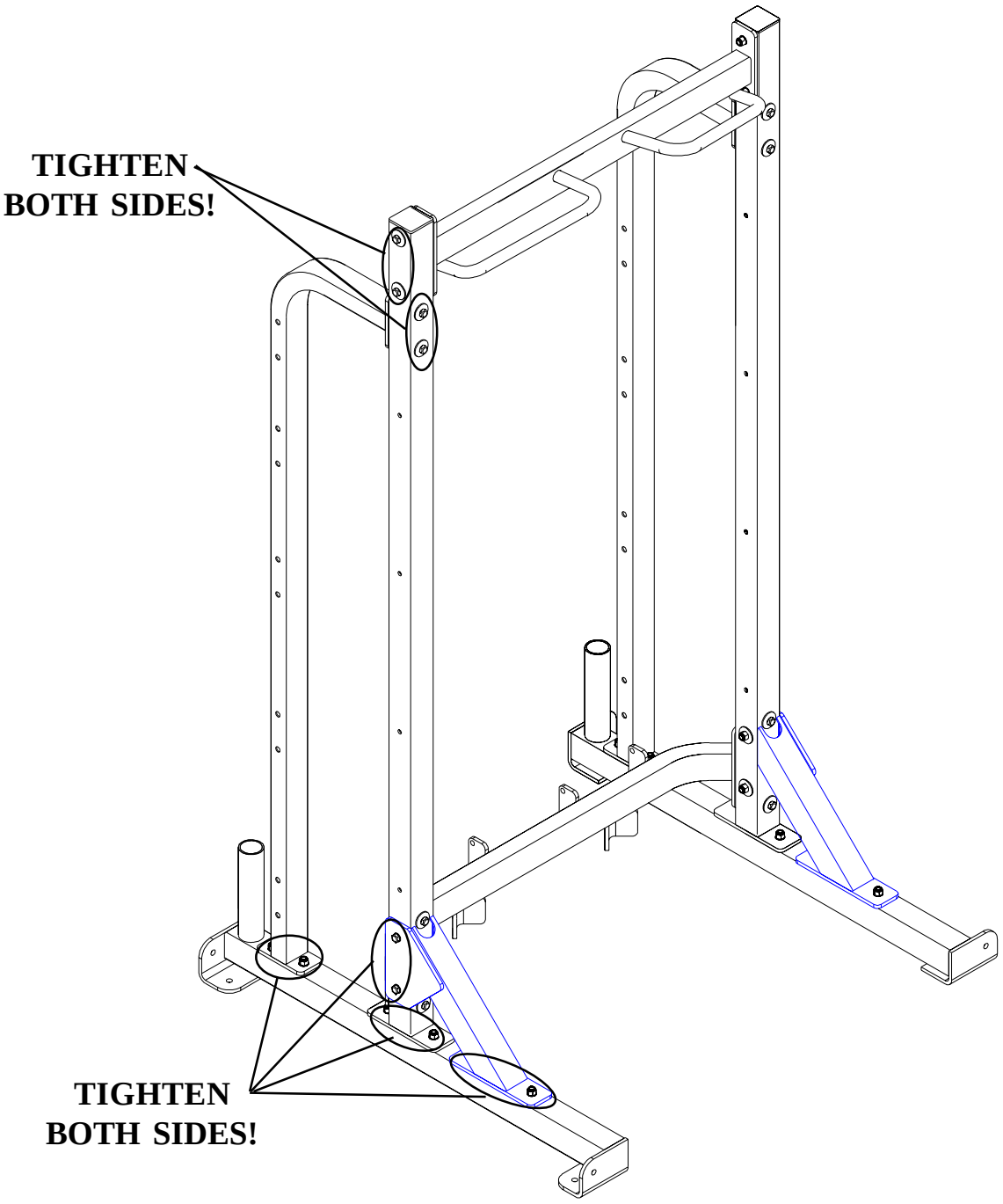
FIGURE 5



STEP 5:

- **LOOSELY** assemble the WEIGHT HORN UPRIGHTS (6) to the LEFT & RIGHT UPRIGHT BASE (1 & 2) and REAR UPRIGHTS (4) using eight 1/2 X 4-1/4" BOLTS (25), eight 1/2" PLASTIC DOME WASHERS (21), eight 1/2" INT TOOTH LOCK WASHERS (19) and eight 1/2" LOCK NUTS (22) as shown in FIGURE 5.

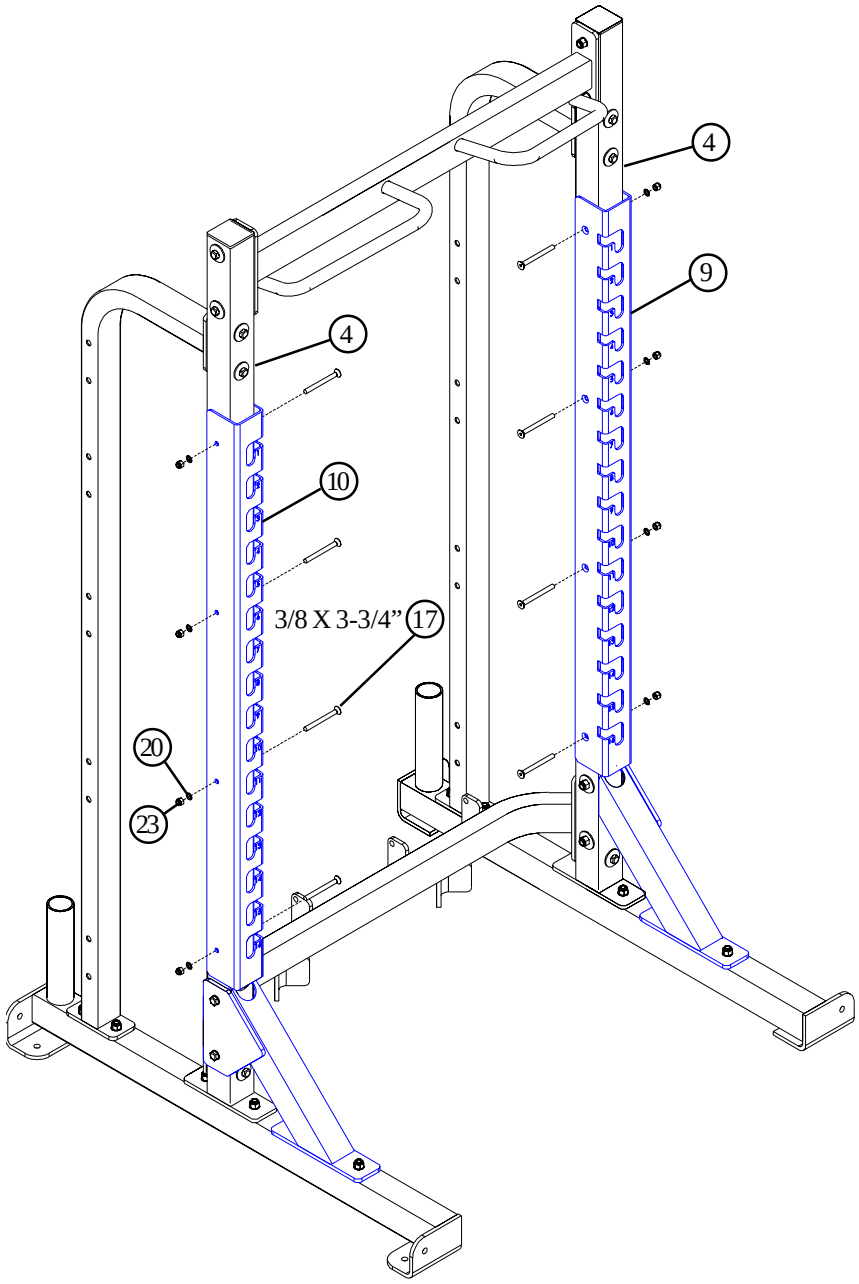
FIGURE 6

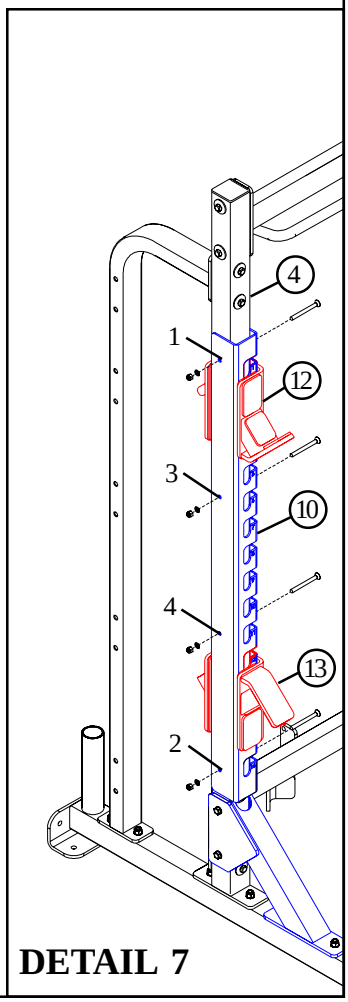


STEP 6:

- **Securely tighten all loose frame connections made to this point.**

FIGURE 7





DETAIL 7

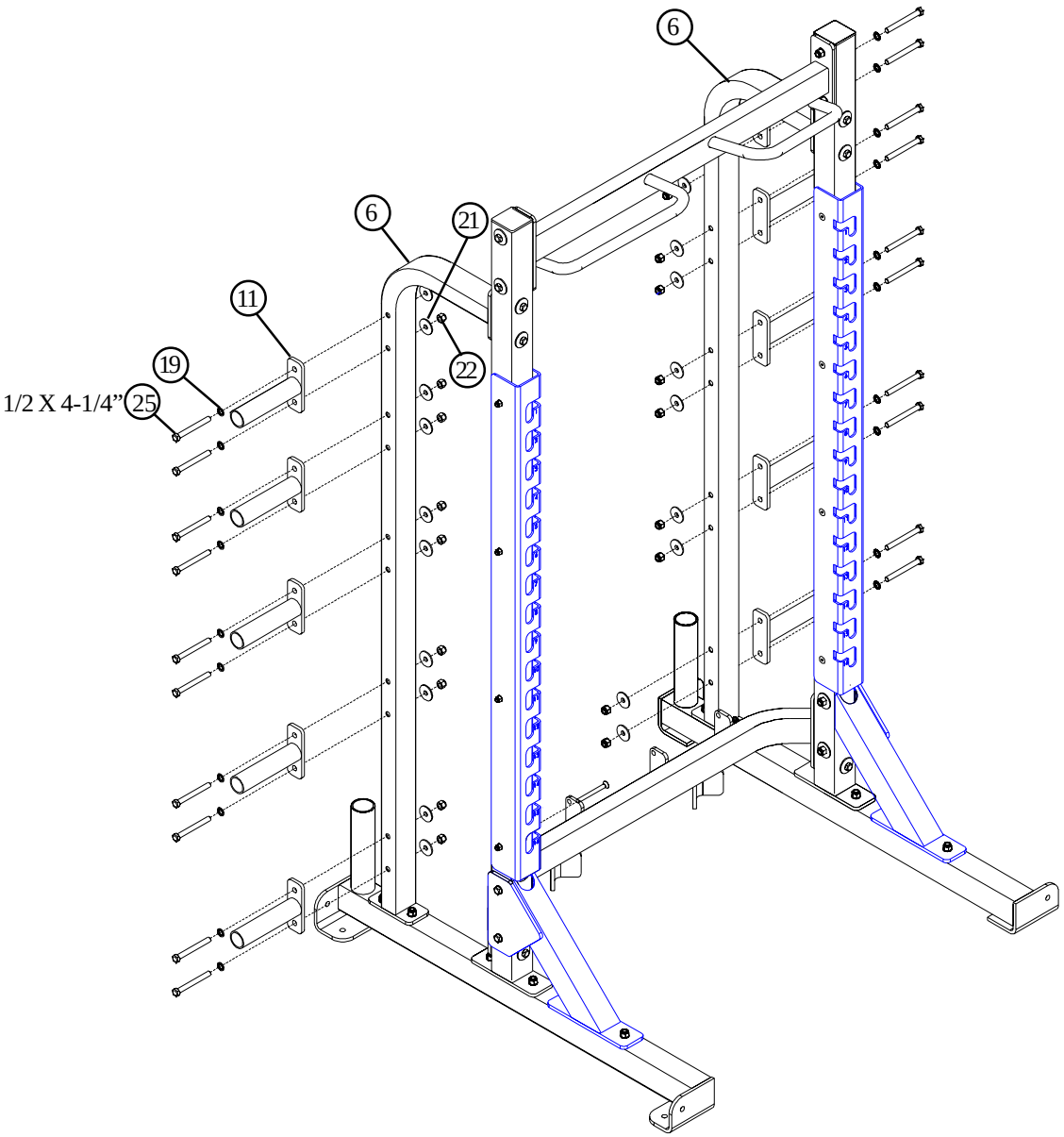
STEP 7:

- **LOOSELY** assemble one RIGHT & one LEFT ADJUSTMENT RACK (9 & 10) to the REAR UPRIGHTS (4) as shown, using eight 3/8 X 3-3/4" FLAT HEAD BOLTS (17), eight 3/8" INT TOOTH LOCK WASHERS (20) and eight 3/8" LOCK NUTS (23). See FIGURE 7.

SETTING ADJUSTMENT RACK WIDTH (SEE DETAIL 7)

- Before tightening the ADJUSTMENT RACKS (9 & 10), slide the LEFT and RIGHT BAR SUPPORTS (12 & 13) over the ADJUSTMENT RACK and REAR UPRIGHT. Assemble one BAR SUPPORT close to the top and the other close to the bottom, as shown in DETAIL 7. (Make sure not to cover any bolt heads.) Proceed to tighten all four bolts in the order shown in DETAIL 7. Repeat this step on the remaining ADJUSTMENT RACK.

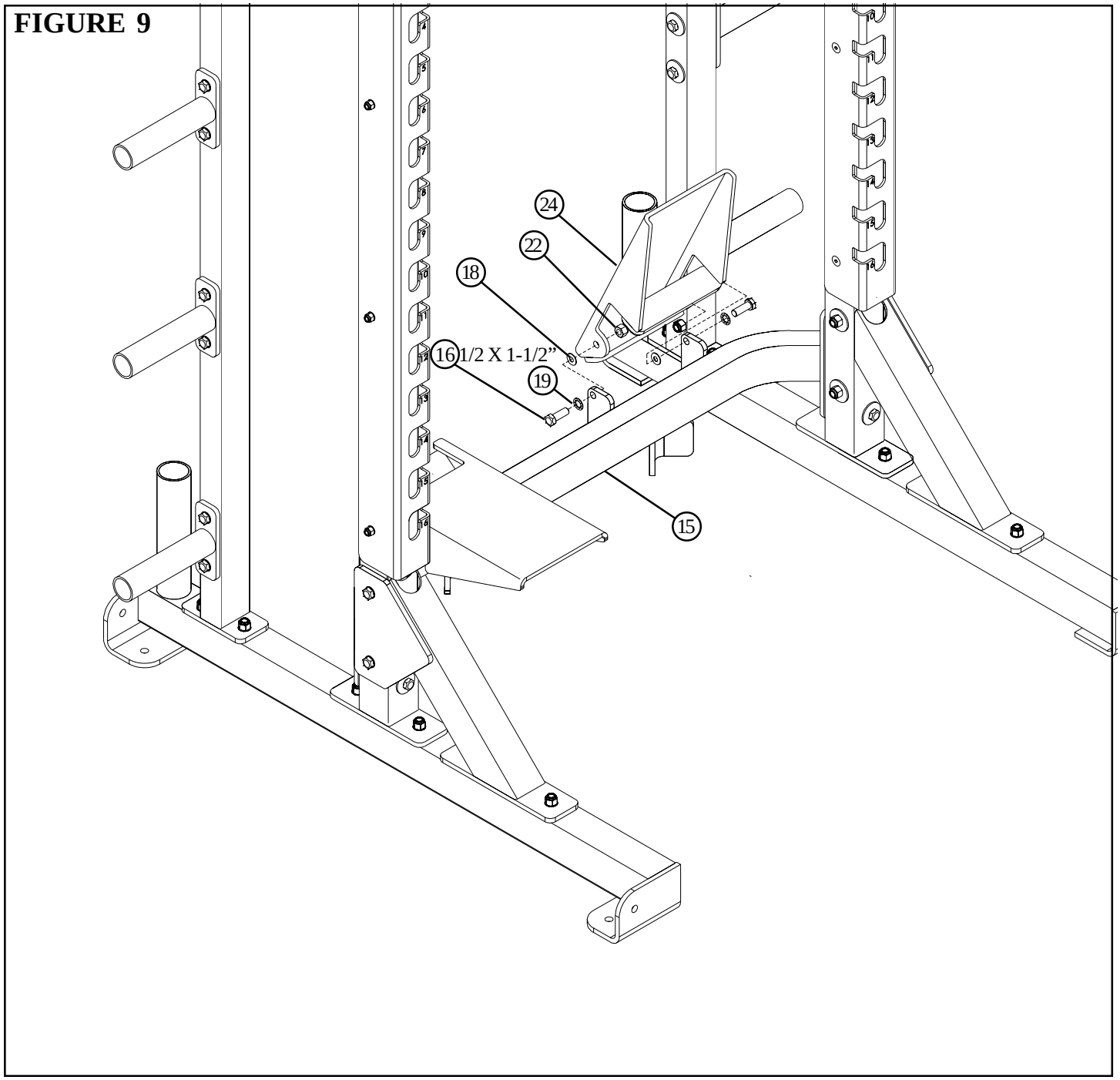
FIGURE 8



STEP 8:

- **SECURELY** assemble the ten WEIGHT HORNS (11) to the WEIGHT HORN UPRIGHTS (6) using twenty 1/2 X 4-1/4" BOLTS (25), twenty 1/2" INT TOOTH LOCK WASHERS (19), twenty 1/2" PLASTIC DOME WASHERS (21) and twenty 1/2" LOCK NUTS (22) as shown in FIGURE 8.

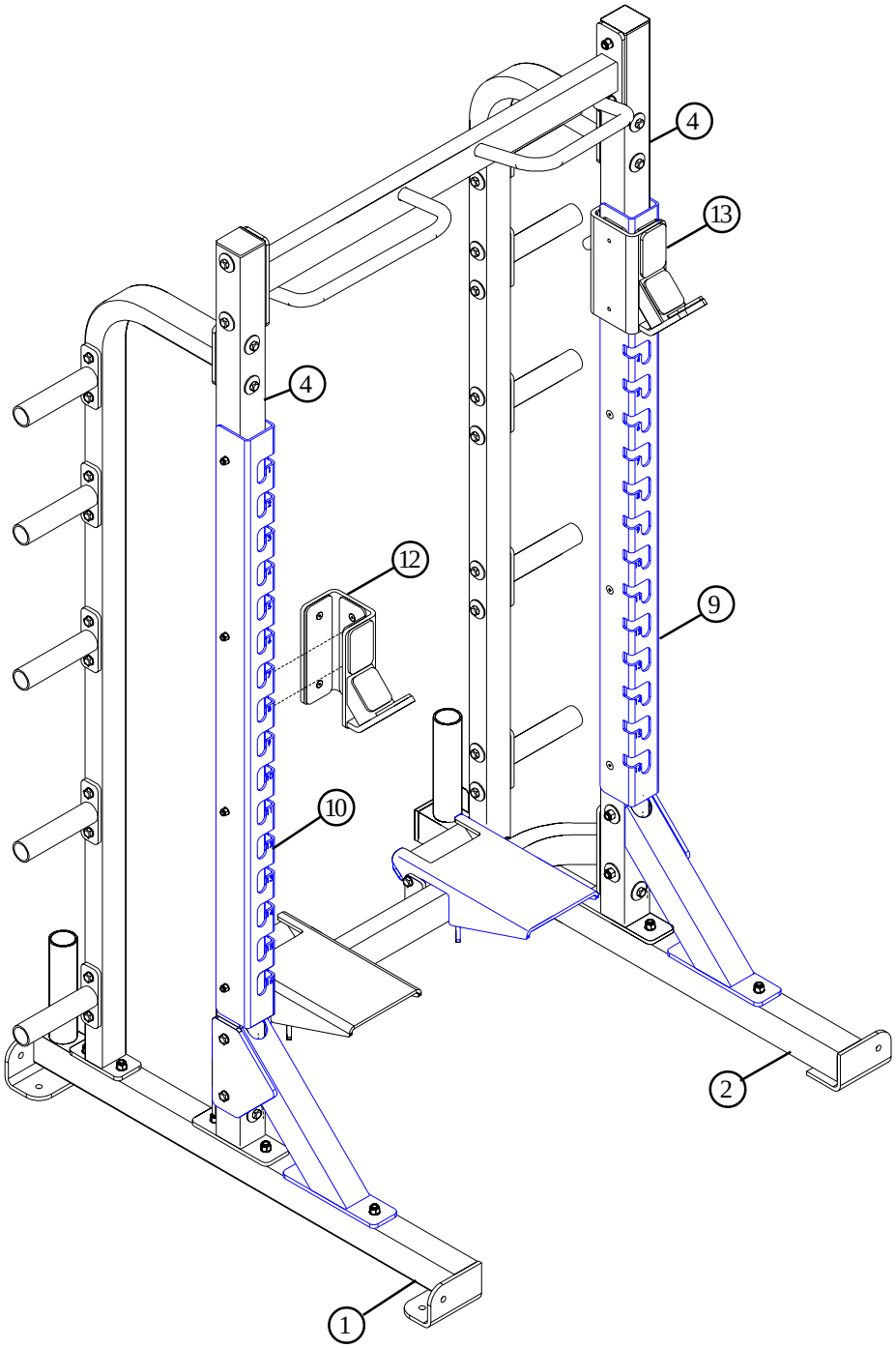
FIGURE 9



STEP 9:

- Assemble two SWIVEL SPOTTERS (24) to the BOTTOM UPRIGHT SUPPORT (15) as shown using four 1/2 X 1-1/2” BOLTS (16), four 1/2” INT TOOTH LOCK WASHERS (19), four 1/2” FLAT WASHERS (18) and four 1/2” LOCK NUTS (22). See FIGURE 9. **(NOTE: Tighten connection SECURELY then back nut off 1/2 turn.)**

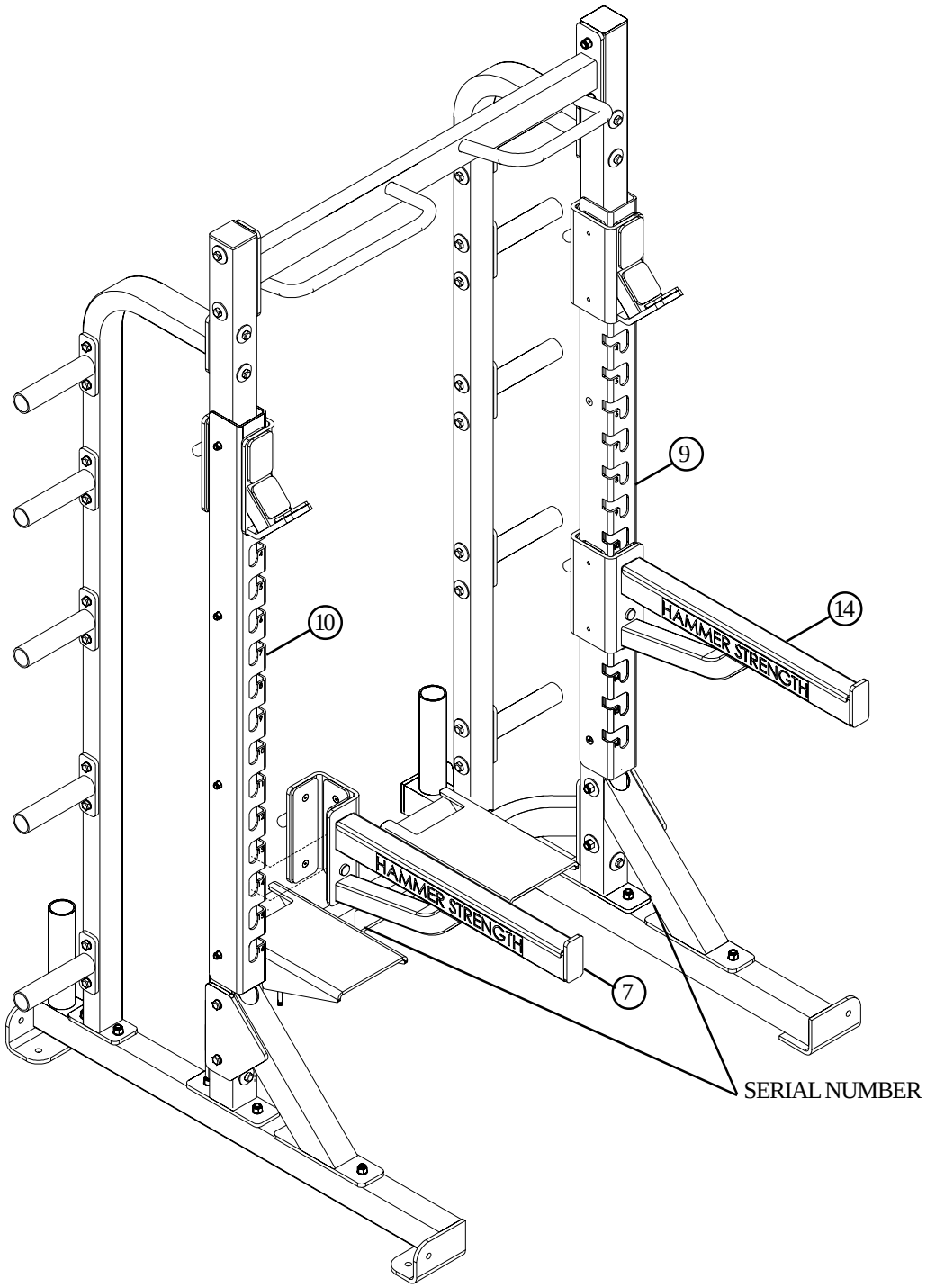
FIGURE 10



STEP 10:

- Insert the LEFT BAR SUPPORT (12) into the desired slots of the LEFT ADJUSTMENT RACK (10), and allow it to drop down to lock in place. See FIGURE 10.
- Repeat the above step to assemble the RIGHT BAR SUPPORT (13) to the RIGHT ADJUSTMENT RACK (9).

FIGURE 11



STEP 11:

- Insert the LEFT BAR CATCH (7) into the desired slots of the LEFT ADJUSTMENT RACK (10), and allow it to drop down to lock in place. See FIGURE 11.
- Repeat the above step to assemble the RIGHT BAR CATCH (14) to the RIGHT ADJUSTMENT RACK (9).

Thank you for purchasing the OLYMPIC HEAVY DUTY HALF RACK. If unsure of proper use of equipment, call your local Hammer Strength distributor .

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	5 YEARS	1 YEAR	90 DAYS
Structural Frame (Not Coatings)	Pillow Blocks, Pulleys, Weight Plates, and Guide Rods	Belts and Grips	Upholstery and Any Items Not Specified

CONTACT INFORMATION

United States, Canada, Latin America	Europe, Africa, Middle East	Asia Pacific	United Kingdom
800.634.8637 847.288.3399	(+31) 180.646666	(+852)2891.6677	+44(0)1353.666017
	VISIT US AT: *HAMMERSTRENGTH.COM*		

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your Hammer Strength customer service representative.

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.